



Cook the Book: Jerry's Chili



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



345 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cans kidney beans drained
- ☐ 29 ounces canned tomatoes whole drained chopped canned
- ☐ 4 tablespoons chili powder
- ☐ 1 garlic clove minced
- ☐ 1.5 teaspoons ground cumin
- ☐ 2 pounds ground round
- ☐ 1 tablespoon seasoning italian
- ☐ 1 tablespoon olive oil

- ☐ 1 medium onion chopped
- ☐ 1 teaspoon pepper
- ☐ 2 teaspoons salt
- ☐ 2 teaspoons all the tabasco sauce you handle
- ☐ 0.5 cup water

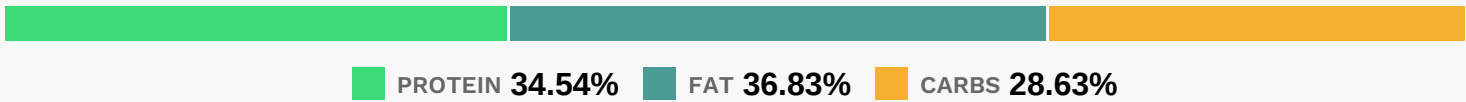
Equipment

- ☐ frying pan
- ☐ rice cooker

Directions

- ☐ Brown the ground round in a skillet and drain.
- ☐ Sauté onions in olive oil in the rice cooker.
- ☐ Combine with all the remaining ingredients in a rice cooker and mix thoroughly.
- ☐ Put on Warm and cook for 8 to 10 hours.

Nutrition Facts



Properties

Glycemic Index:18.88, Glycemic Load:5.98, Inflammation Score:-8, Nutrition Score:23.632173776627%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.31mg, Quercetin: 3.31mg, Quercetin: 3.31mg, Quercetin: 3.31mg

Nutrients (% of daily need)

Calories: 345.39kcal (17.27%), Fat: 14.34g (22.06%), Saturated Fat: 5.07g (31.68%), Carbohydrates: 25.08g (8.36%), Net Carbohydrates: 16.04g (5.83%), Sugar: 5.46g (6.07%), Cholesterol: 73.71mg (24.57%), Sodium: 1187.34mg (51.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.26g (60.52%), Zinc: 6.52mg (43.46%), Vitamin B12:

2.51µg (41.77%), Vitamin B3: 7.58mg (37.88%), Vitamin B6: 0.74mg (36.92%), Phosphorus: 368.09mg (36.81%),
Fiber: 9.03g (36.14%), Iron: 6.2mg (34.46%), Selenium: 21.17µg (30.25%), Manganese: 0.59mg (29.48%), Potassium:
970.72mg (27.73%), Vitamin A: 1324.93IU (26.5%), Vitamin B2: 0.36mg (20.99%), Vitamin E: 3mg (19.97%),
Magnesium: 79.09mg (19.77%), Copper: 0.38mg (18.96%), Vitamin K: 18.21µg (17.35%), Vitamin B1: 0.24mg (15.67%),
Vitamin C: 12.42mg (15.05%), Folate: 49.84µg (12.46%), Calcium: 110.83mg (11.08%), Vitamin B5: 1.01mg (10.08%)